

# **SIA Weekly Schedule**

## **4/29 – 5/3**

<b>Monday, 4/29</b>	<b>9:00 am – 10:00 am</b> <b>10:00 am – 12:00 pm</b> <b>1:00 pm – 2:30 pm</b>	<b>Qigong</b> <b>Games</b> <b>Mah-Jongg Card Review</b> <b>Workshop 2024</b>
<b>Tuesday, 4/30</b>	<b>9:00 am – 10:00 am</b> <b>10:00 am – 12:00 pm</b>	<b>SAIL</b> <b>Mah-Jongg</b>
<b>Wednesday, 5/1</b>	<b>10:30 am – 12:30 pm</b> <b>12:45 pm – 1:45 pm</b>	<b>SIA Cooking Demo</b> <b>Chair Yoga</b>
<b>Thursday, 5/2</b>	<b>9:00 am – 10:00 am</b> <b>10:00 am – 12:00 pm</b>	<b>SAIL</b> <b>Bridge</b>
<b>Friday, 5/3</b>		<b>NO SIA</b>